

Inadequate Sleep Hygiene

This information should only be used for educational purposes in consultation with your physician. Good Sleep Health Inc assumes that you have read and understood the [Terms of Use Agreement](#).

Author: Ron Cridland, MD



Sleep Hygiene refers to the habits and behaviors that can improve sleep quality. A common contributing factor to disturbed sleep is *Inadequate Sleep Hygiene*. These are habits and behaviors that can lead to poor sleep quality. People with poor sleep are tired and will often nap if they can during the day. This can take the edge off their sleepiness making it harder to sleep at night. Some spend a lot of time in bed resting even when they are not sleeping, reinforcing the bed as a place to be awake. Some people are terribly busy right up to bedtime. They are tired and pushing themselves to function all day often with very little time to wind down and allow the “adrenalin” to wear off before trying to fall asleep. Some consume caffeinated or alcoholic beverages or smoke before bed. Caffeine and nicotine are stimulants. Alcohol metabolises at the rate of about a drink per hour resulting in a rebound alerting effect as it wears off. Some watch TV, computer, video game or cell phone before bed. These are essentially bright flashing lights that stimulate the brain and suppress your natural melatonin. Some people receive text messages or other electronic notifications at all hours of the night. Sometimes the bedroom is too noisy, bright or hot. Some people sleep with several pets that frequently move or make noises that disturb their sleep. Some frequently look at the clock all night and may repeatedly calculate how long they have slept or much time they have left to sleep. Some people get up and go to the bathroom every time they wake up even if they do not really need to empty their bladder.

Diagnosis

A diagnosis of Inadequate Sleep Hygiene can be made if it appears that the major factor contributing to poor sleep quality and quantity is one or more of the above factors. Keep in mind that in Chronic Insomnia that has been going on a long time, there are usually other factors perpetuating the insomnia, such as conditioning, that also must be addressed.

Management

Identifying and removing the factors contributing to Inadequate Sleep Hygiene is obviously an important goal in resolving this condition. However, as mentioned above, by the time insomnia has become chronic, there are usually other factors that also must be managed to normalize sleep. Reviewing and following the recommendations in the article on [Sleep](#)

[Hygiene](#) will help identify and manage most of these other factors. However, if following those recommendations are not effective by themselves, then you should register for the [Online Insomnia Management Program](#) to get a more customized program to better meet your individual needs.